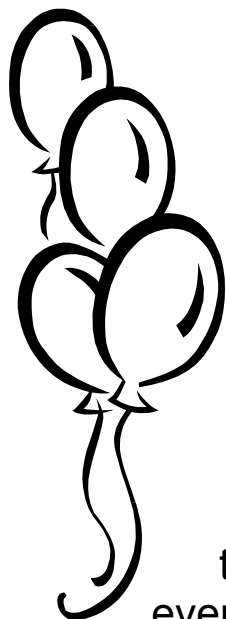


Senior Center Month



September is Senior Center Month and we are celebrating all month long. We have a variety of different programs and events throughout the month of September, including our 30th Anniversary Murder Mystery Dinner Party on September 4 and our 12th Annual Taste of the Town fundraiser on September 30. Many businesses have sponsored Senior Center Month in order to help make all the fun possible. Throughout the month of September a board will be on display with the names of all the sponsoring businesses. Be sure to support our sponsors and thank them for helping Senior Services. Details about particular events are in this newsletter, or just ask a staff member how you can be part of all the fun.

NEWSLETTER TABLE OF CONTENTS

SPECIAL EVENTS MOCKSVILLE SITE2	Lunch.....17
SHIIP INFORMATION9	Special Interest.....17
SPECIAL INFORMATION SECTION10	Stage, Screen & Music.....17
ONGOING - MOCKSVILLE SITE10	FINANCIAL SUPPORT18
Arts & Crafts.....10	SERVICES18
Computer Classes.....11	SUPPORT GROUPS21
Dance.....13	TRIPS21
Drop In Activities.....13	VOLUNTEER OPPORTUNITIES22
Exercise.....14	ONGOING - FARMINGTON SITE23
Games.....16	SPECIAL EVENTS - FARMINGTON SITE24
Health & Wellness.....16	EVENT CALENDAR/FARMINGTON25
Literary Arts.....17	EVENT CALENDAR/MOCKSVILLE26

JULY SPECIAL EVENTS - MOCKSVILLE SITE

Our Mocksville site is located at 278 Meroney Street. Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 5:00pm, Saturday - 9:00am - 1:00pm. Phone Number is 336-753-6230.

SENIOR FINANCIAL CARE

Tuesday, July 1 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 20.

BLOOD PRESSURE SCREENINGS

Tuesday, July 1 - 10:45am -

Multipurpose Room A

See all the details on pg. 16.



PATRIOTIC PARTY

Thursday, July 3 - 2:00pm - MP Room B

Cost - Free

RSVP by June 26

We will celebrate America at this fun event. We will have refreshments and entertainment from the Davie County Singing Seniors. Open to adults 55 and older and exceptions under the general participation policy.

ASK THE DOCTOR

Monday, July 7 - 10:45 - 11:15am

- MP Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

VETERAN'S SOCIAL

Tuesday, July 8 - 10:30am -

Multipurpose Room B

Speaker: Meagan Williams, Davie County Veteran's Service Officer

RSVP deadline: July 1

Senior Services and the Veteran's Service Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. ***This is intended to be a time of reminiscing and socialization for veterans, therefore it is limited to veterans only, no guests, unless a caregiver is needed in order for the veteran to attend.***

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, July 8 - 1:00pm & 4:00pm - Classroom A

See all the details on pg. 16.

SCRAPBOOKING

Tuesday, July 8 - 2:00pm - Classroom B

RSVP by July 1

See all the details on pg. 10.

ALZHEIMER'S SUPPORT GROUP

Tuesday, July 8 - 6:30pm -

Classroom B

Please RSVP by July 1

See all the details on pg. 21.

SHARING & CARING

Thursday, July 10 - 1:00 - 3:00pm - Classroom B

See all the details on pg. 11.



SOLAR ENERGY

Friday, July 11 - 1:00pm -

Multipurpose Room B

Speaker: Lisa Parrish, Duke Energy

Today's solar energy is different than it used to be. Learn all about how solar energy works, if it is right for you, what the impact on the environment is, etc. at this informative workshop. Open to adults of all ages - no children, please.

SENIOR FINANCIAL CARE

Tuesday, July 15 - 8:30am - 2:00pm - by appt. - Classroom A

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 20.



JULY SPECIAL EVENTS - MOCKSVILLE SITE



WI-FI, CELL PHONES & MORE

Tuesday, July 15 - 10:45am -

Multipurpose Room A

Speaker: Shannon Adams, Yadtel

RSVP by July 8

Senior Services now has Wi-Fi available for our participants to use on site. Do you need some help in getting on the internet on your device? Do you have a cell phone that you need some help setting up voicemail, or entering a number into your contacts? Mr. Adams will be here to help with your needs. Be sure to bring the device that you have a question about. Open to adults 55 and older and exceptions under the general participation policy.

SENIOR BOOK CLUB

Tuesday, July 15 - 2:30 - 4:00pm -

Classroom A

RSVP by July 8

See at the details on pg. 17.

SATURDAY MORNING BREAKFAST

Saturday, July 19 - 9:30am -

Multipurpose Rooms A & B

RSVP by July 11

Adults 55 and older & their guests of any age are invited to a great breakfast. Kick off your weekend with friends and family at this fun event. You may bring any number of guests, but anyone under 55 must be accompanied by someone 55 or older.



MONTHLY MOVIE - "THE BUTLER"

Monday, July 21 - 1:00pm -

Multipurpose Rooms A & B

RSVP by July 14

MPLC license No: 12377840

The story of a White House butler who served seven American presidents over three decades is recounted. The film traces the dramatic changes that swept American society during this time, from the civil rights movement to Vietnam and beyond, and how those changes affected this man's life and family. Starring Forest Whitaker, Oprah Winfrey and

John Cusak, this movie is rated PG-13 for some violence and disturbing images, language, sexual material, thematic elements and smoking.

Runtime is 2 hours and 12 minutes. It is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

THEATRE CLUB

Tuesday, July 22 - 1:00pm - Classroom B

See all the details on pg. 17.

CAN YOU EAT HEALTHY AT THE DRIVE-THRU?

Wednesday, July 23 - 1:00pm -

MP Room B

**Speaker: Representative from
Novant Health**

RSVP by July 16

Sometimes the lure of the drive thru is just too much to pass up. Can you still have the convenience of the drive-thru and not sabotage your commitment to healthy eating? Find out at this seminar. Open to adults of any age - no children, please.



SHARING & CARING

Thursday, July 24 - 1:00 - 3:00pm -

Classroom B

See all the details on pg. 11.

SINGLE'S DINNER -

Tuesday, July 29 - 5:30pm

Cost: \$5.00 for transportation

Dinner on Your Own

RSVP by July 22

**Transportation space limited to the first 24 -
TRANSPORTATION MONEY IS DUE AT TIME
OF SIGN UP & IS NON-REFUNDABLE**

This is a special event for all single people 55 and older, whether divorced, widowed or never married. We will meet at Senior Services at 5:30 and go to Logan's Steakhouse in Statesville. All participants will pay for their own meal. For those who wish to meet us at the restaurant, the \$5.00 transportation fee will be waived. Please still RSVP so that we can reserve enough table space.

AUGUST SPECIAL EVENTS - MOCKSVILLE SITE

TRIP TO BOWMAN GRAY STADIUM

Friday, August 1 - 6:30pm

Transportation Cost: \$5.00

Ticket Price: \$5.00

Space limited to 24 people -

TRANSPORTATION MONEY IS DUE AT TIME OF SIGN UP AND IS NON-REFUNDABLE. YOU WILL PAY FOR YOUR OWN TICKET AT THE DOOR.

For all you race fans out there, we will be going to Bowman Gray Stadium for the Racing Electronics Night presented by Q104.1 New Country. These are Twin 50-lap Modified Races, Legends, Bandoleros and Classic modified races, plus a 15-lap Stadium Stock race. We will meet at Senior Services at 6:30 and go to the race which starts at 8:00pm. Bowman Gray Stadium offers concessions for purchase, but if you prefer, you may bring in your favorite snacks. Coolers are permitted, but the size is limited and NO GLASS or ALCOHOL will be allowed to be brought into the stadium. A pickup point in the Hillsdale area will be announced at a later date if interest is shown. For those who wish to drive their own car, the \$5.00 transportation fee will be waived. You must still meet at one of the pickup locations so that all can arrive together. Open to adults 55 & older and exceptions under the general participation policy.



ASK THE DOCTOR

Monday, August 4 - 10:45 - 11:15am - MP Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

SENIOR FINANCIAL CARE

Tuesday, August 5 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 20.

BLOOD PRESSURE SCREENINGS

Tuesday, August 5 - 10:45am -

Multipurpose Room A

See all the details on pg. 16.

MOVIE DAY WITH THE GRANDKIDS (OR NOT!) - "DESPICABLE ME 2"

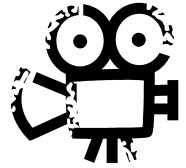
Thursday, August 7 - 1:00pm -

Multipurpose Rooms A & B

RSVP by July 25

MPLC license No: 12377840

Now that the ever-entrepreneurial Gru has left behind a life of super-crime to raise Margo, Edith and Agnes, he, Dr. Nefario and the Minions have some free time on their hands. But as he starts to adjust to his role as a suburban family man, an ultra-secret organization dedicated to fighting evil around the globe comes knocking. Now, it's up to Gru and his new partner Lucy Wilde to discover who is responsible for a spectacular crime and bring him to justice. After all, it takes the world's greatest ex-villain to catch the one vying to take his place. Featuring the voices of Steve Carell, Kristen Wiig, Benjamin Bratt, Miranda Cosgrove, and Russell Brand, this movie is rated PG for rude humor and mild action. Runtime is 1 hour, 38 minutes. You are welcome to bring your grandkids, great-grandkids, etc. All children must be accompanied by an adult. You may also attend without children. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*



WELCOME TO MEDICARE LUNCHEON

Welcome! Friday, August 8 - 10am - 12pm - Multipurpose Room B

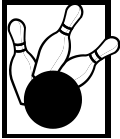
Speaker: Kim Shuskey, Director

Cost: Free

RSVP by Aug. 1

If you will be eligible for Medicare soon, learn about the many options available so you can make the choices that are right for you. We will explore the basics of Medicare, including Parts A & B, supplements, prescription drug plans, Advantage plans, as well as assistance programs to help pay for some of Medicare-related costs. This program is open to anyone who will soon be on Medicare. A light lunch will be served following the program.

AUGUST SPECIAL EVENTS - MOCKSVILLE SITE



BOWLING LUNCH

Monday, August 11 - 12:30pm

Cost: Free

RSVP by August 5

This lunch is for current bowlers and those who would like to join. We will be picking teams for the next league and awarding trophies to last season's winners. If you are not able to make the lunch, but want to bowl, call & let us know. Open to adults 55 & older and exceptions under the general participation policy.

CLUTTER CHAOS - HAPPY MEMORIES OR HOUSEHOLD HAZARDS?

Tuesday, August 12 - 10:45am

Speaker: Laura Gobble, Home Instead Senior Care

RSVP by Aug. 5

Clutter is a familiar problem and there are many sources of clutter. Learn about the top 10 reasons why seniors might hang on to stuff, strategies to help let go, a guide to spotting clutter creep, and resources to help. Open to adults of all ages - no children, please.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, August 12 - 1:00pm & 4:00pm - Classroom A

See all the details on pg. 16.

SCRAPBOOKING

Tuesday, August 12 - 2:00pm - Classroom B

RSVP by Aug. 5

See all the details on pg. 10.

ALZHEIMER'S SUPPORT GROUP

Tuesday, August 12 - 6:30pm - Classroom B

Please RSVP by Aug. 5

See all the details on pg. 21.

INDOOR SUMMER PICNIC PARTY

Friday, August 15 - 2:00pm - Multipurpose Rooms A & B

RSVP by Aug. 8

It is hot outside! But we can have a picnic atmosphere in the cool indoors. Join us for some great refreshments and entertainment by "The Dogwood Blossoms". Open to adults 55 & older and exceptions under the general participation policy.



MONTHLY MOVIE -

"AUGUST: OSAGE COUNTY"

Monday, August 18 - 1:00pm -

Multipurpose Rooms A & B

RSVP by Aug. 11

MPLC license No: 12377840

A family crisis brings the strong-willed women of the Weston family back to the Midwest house where they grew up, and to the dysfunctional woman who raised them. Starring Meryl Streep, Julia Roberts, Ewan McGregor, Chris Cooper and Abigail Breslin this movie is rated R for language, including sexual references, and for drug material. Runtime is 2 hours, 1 minute. It is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

SENIOR FINANCIAL CARE

Tuesday, August 19 - 8:30am - 2:00pm - by appt. - Classroom A

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 20.

SENIOR LUNCH

Tuesday, August 19 - 11:30am - Multipurpose Room B

Speaker: Lt. Allen Sipes, Iredell County Sheriff's Office Economic Crime Unit

RSVP by Aug. 12

Lt. Sipes will present an informative program on identity theft. A delicious lunch will follow. Open to adults 55 & older and exceptions under the general participation policy. **Space limited to the first 90 who RSVP.**

AUG/SEPT SPECIAL EVENTS - MOCKSVILLE SITE

SENIOR BOOK CLUB

Tuesday, August 19 - 2:30 - 4:00pm -

Classroom A

RSVP by Aug. 12

See all the details on pg. 17.

"EYE HEALTH SEMINAR"

Monday, August 25 - 1:00pm -

MP Room B

RSVP by Aug. 18

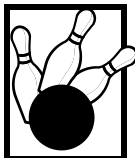
Taking care of your eyes is especially important as you age. Learn what you can do to help keep your eyes healthy at this informative seminar. Open to adults of all ages - no children, please.



THEATRE CLUB

Tuesday, August 26 - 1:00pm - Classroom B

See all the details on pg. 17.



MEN'S OUTING

Thursday, August 28 - 11:00am

RSVP by Aug. 21

Attention all men - this one is for you! We will start with lunch and then go bowling. Participants will meet at Senior Services and pay for their own lunch and bowling. Open to all men 55 and older.

SHARING & CARING

Thursday, August 28 - 1:00 - 3:00pm - Classroom B

See all the details on pg. 11.



SENIOR CENTER MONTH BEGINS!!!



SENIOR FINANCIAL CARE

Tuesday, September 2 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 20.

BLOOD PRESSURE SCREENINGS

Tuesday, September 2 - 10:45am -

Multipurpose Room A

See all the details on pg. 16.

30TH ANNIVERSARY MURDER MYSTERY DINNER PARTY

Thursday, September 4 - 6:00pm - Multipurpose Rooms A & B

RSVP deadline Aug. 28 (or when spaces fill)

2014 is Davie County Senior Services' 30th anniversary. We will celebrate & kick off Senior Center month with a Murder Mystery Dinner Party. You will see some of the community's well known faces as the characters in a murder mystery. During dessert the audience will have the chance to guess who the "killer" is. The community of all ages is invited to this event, so be sure to register early to guarantee your spot.

BEGINNER'S KNITTING

Fridays, September 5 - September 26 -

11:00am - 12:00noon - Classroom A

Instructor: Reba Holt

Cost: Free

RSVP by Aug. 29

If you want to learn to knit, now is your chance. Please bring your own yarn & size 8 knitting needles. Open to adults 55 & older and exceptions under the general participation policy.



ASK THE DOCTOR

Monday, September 8 - 10:45 - 11:15am -

Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

SEPTEMBER SPECIAL EVENTS - MOCKSVILLE SITE

CHRONIC COUGH

Tuesday, September 9 - 1:00pm - Multipurpose Room B

Speaker: Representative from Wake Forest Baptist Health

RSVP by Sept. 2

Do you have a persistent cough that just won't go away? Is it just allergies or could it be a sign of something more serious? Get the information you need. Open to adults of all ages - no children, please.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, September 9 - 1:00pm & 4:00pm - Classroom A

See all the details on pg. 16.

SCRAPBOOKING

Tuesday, September 9 - 2:00pm -

Classroom B

RSVP by Sept. 2

See all the details on pg. 10.



ALZHEIMER'S SUPPORT GROUP

Tuesday, September 9 - 6:30pm - Classroom B

Please RSVP by Sept. 2

See all the details on pg. 21.

SHARING & CARING

Thursday, September 11 - 1:00 - 3:00 - Classroom B

See all the details on pg. 11.

QUARTERLY CRAFT - FALL WALL HANGING

Friday, September 12 - 1:00pm - Multipurpose Room B

Instructor: Elizabeth Norman, Program & Outreach Coordinator

Cost: \$3.00

RSVP by Sept. 5

For our quarterly craft we will make a beautiful, easy-to-make wall hanging to decorate your house for fall. All supplies will be provided to you. An example is on display at Senior Services. Open to adults 55 & older & exceptions under the general participation policy.

MONTHLY MOVIE - "THE INTERNSHIP"

Monday, September 15 - 1:00pm - Multipurpose Rooms A & B

RSVP by Sept. 8

MPLC license No: 12377840

Two salesmen whose careers have been torpedoed by the digital age find their way into a coveted internship at Google, where they must compete with a group of young, tech-savvy geniuses for a shot at employment. Starring Vince Vaughn and Owen Wilson, this movie is rated PG-13 for sexuality, some crude humor, partying and language. Runtime is 1hr., 59 minutes. It is open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

SENIOR FINANCIAL CARE

Tuesday, September 16 - 8:30am - 2:00pm - by appt. - Classroom A

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 20.



SENIOR BOOK CLUB

Tuesday, September 16 - 2:30 - 4:00pm - Classroom A

RSVP by Sept. 9

See all the details on pg. 17.



FAMILY CAREGIVER STRESS RELIEF

Wednesday, September 17 - 1:00pm - Multipurpose Room B

RSVP by Sept. 10

This program is to help family caregivers determine if they are at risk for distress and to minimize problems before they escalate. Included in the program are two new tools: the "Are You a Caregiver" quiz and the "Family Caregiver Distress Assessment", which were designed to help a family caregiver self-identify and recognize the role of a caregiver, and allows caregivers to determine their risk for distress and resulting emotional and physical issues. Also in the talk are facts about caregiver distress and the risk factors. Open to adults of any age - no children, please.

SEPTEMBER SPECIAL EVENTS - MOCKSVILLE SITE

THE BASICS OF ALZHEIMER'S DISEASE

Thursday, September 18 - 6:30pm -

Multipurpose Room B

**Speaker: Dr. Travis Jackson, Triad
Neurological Associates of
Winston Salem**

RSVP by: Sept. 11

Alzheimer's disease is currently the 6th leading cause of death in the United States. More than 5 million Americans are living with the disease and in 2013, 15.5 million caregivers provided an estimated 17.7 billion hours of unpaid care valued at more than \$220 billion. Dr. Travis H. Jackson, widely known board certified neurologist will be here to discuss the basics of Alzheimer's disease and the most current information on diagnostic testing and treatments. After his seminar, he will be available for a question/answer session from the audience. Open to adults of all ages - no children, please.

BINGO

Friday, September 19 - 1:00pm -

Multipurpose Room B

RSVP by Sept. 12

Come out for some fun games of Bingo! Refreshments will be served. Open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, Braille cards and display screen are available.*

THEATRE CLUB

Tuesday, September 23 - 1:00pm -

Classroom B

See all the details on pg. 17.

SHARING & CARING

Thursday, September 25 - 1:00 - 3:00pm -

Classroom B

See all the details on pg. 11.

DINNER & A MOVIE - "SAVING MR. BANKS"

Thursday, September 25 - 5:30pm

RSVP by Sept. 18

MPLC license No: 12377840

Enjoy dinner then stay for "Saving Mr. Banks". When Walt Disney made a promise to his two daughters that he would make their beloved book, "Mary Poppins" into a movie, he wasn't counting on the author's stubbornness to sell the rights. After reluctantly agreeing to meet, the two set off to make one of the most endearing films in cinematic history. Starring Tom Hanks and Emma Thompson, this movie is rated PG-13 for thematic elements, including some unsettling images. Runtime is 2 hours, 5 minutes. It is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available.*



NEW SUGAR GUIDELINES

Monday, September 29 - 10:45am -

Multipurpose Room A

**Speaker: Dixie Yow, Registered
Dietitian with Wake Forest
Baptist Health**

Do you know what the new guidelines for recommended sugar intake are? Learn how much sugar you should be eating, ways to reduce your sugar intake and consequences for eating too much sugar at this informative seminar. Open to adults of any age - no children, please.

12th ANNUAL TASTE OF THE TOWN FUNDRAISER

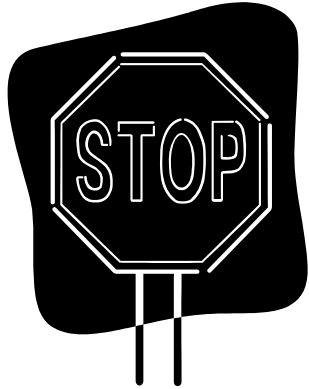
Tuesday, September 30 - 6:00pm - 7:30pm -

Senior Services

**Cost: \$5.00 entrance ticket plus 50 cents per
tasting ticket**

Don't miss this year's Taste of the Town. Participants can sample "tastes" from many different local restaurants and caterers. Proceeds will help support the many programs and services that Davie County Senior Services offers to older adults. Buy your ticket at Senior Services after Aug. 1. The entire community of all ages is invited to this fun filled event.

SPECIAL SHIP INFORMATION



THE ROAD TO MEDICARE

Much like you anticipated turning 16 and getting your driver's license, you must anticipate and plan for becoming a Medicare beneficiary.

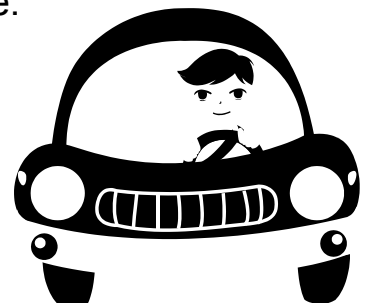
Don't wait until you're 65 to start thinking about your Medicare choices. Start now and let the Department of Insurance's SHIP (Seniors' Health Insurance Information Program) help you.

SHIP provides free, unbiased information about Medicare and other insurance-related issues, and there are SHIP sites in all 100 counties in North Carolina. It is recommended that you review your Medicare options before you need to enroll so that you don't make any hurried decisions at the last minute. Your Medicare choices will depend on several factors including:

1. Are you retired or will you or your spouse continue to work?
2. Will you have access to medical and/or prescription drug coverage through an Employer Group Health Plan?
3. How does your Employer Group Health Plan compare with Medicare supplement plans and Medicare Advantage plans?

Of course there are other things to consider when determining your Medicare options. SHIP has created a handout meant to help you navigate the Medicare system and initial enrollment process. The handout, "The Road to Medicare," outlines the decisions you'll need to make and what options are available through the Medicare system. To obtain a free copy of "The Road to Medicare" call SHIP at 1-800-443-9354 or visit SHIP's Web site at www.ncship.com. You can also meet with a certified SHIP Volunteer Counselor at Davie County Senior Services to discuss your Medicare options. To arrange an appointment with a SHIP Volunteer Counselor, contact Senior Services. Don't wait to make your Medicare decisions — you can start the process before your 65th birthday. Let SHIP help you understand your options and get you on the road to Medicare.

**DON'T MISS THE WELCOME TO MEDICARE LUNCHEON
ON AUGUST 8. SEE DETAILS ON PG. 4.**



SPECIAL INFORMATION SECTION



OPERATION FAN/HEAT RELIEF PROGRAM

To help beat the heat this summer Davie County Senior Services is offering free fans to those 60 & older (or under 60 with documented disability). To receive a fan you must not have air conditioning in your home (or in a part of your home where you spend a frequent amount of time). Fans are provided through a grant from the Duke Energy Foundation.

STAFF OF SENIOR SERVICES

Kim Shuskey, Director

Ina Beavers, Nutrition Program Coordinator

Elizabeth Norman, Program & Outreach Coord.

Kelly Sloan, Community Resource Specialist

Tracy Veach, Administrative Assistant

Mitzi Hunter, P/T Morning Rec. & SHIP Coord.

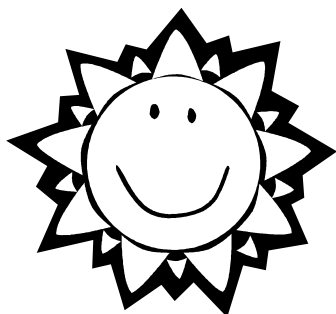
Beverly Maurice, P/T Facilities Manager

Darlene Sheets, P/T Farmington Site Mgr.

Barbara Thornton, P/T Senior Center Aide

Stephanie Walker, P/T Evening Receptionist

*Please let us know if there are any suggestions
you have regarding programs or services.*



ONGOING ACTIVITIES - MOCKSVILLE SITE



Arts & Crafts

QUILTING

Mondays - 10am - 12pm - Classrooms A & B

Join this talented group who loves to quilt.

Bring your supplies and work with, and learn from, other quilters. No instruction is provided. This is an intergenerational program.

DAVIE CO. QUILT GUILD

3rd Monday of each month at 6:30pm - (July 21, August 18, September 15)

- Multipurpose Rooms A & B

President: Brenda Hanes

Membership Dues: \$20.00 year

Monthly meetings may include show & tell, demonstrations, guest speakers, or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

ART - STILL LIFE & LANDSCAPES

Mondays - 9am - 12pm - MP Room B

Instructor: Annette Ratledge

Cost: Furnish your supplies

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to the first class before buying supplies.** Open to adults 55 & older.

SCRAPBOOKING

2nd Tuesday of each month - 2:00pm

Classroom B - (July 8, August 12, September 9)

Group Leader: Barbara Thornton

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This group is open to all ages.

ONGOING ACTIVITIES - MOCKSVILLE SITE

WOODCARVING

Wednesdays - 9am - 11am - Classroom A

Facilitator - Tim Trudgeon

Expert woodcarver Tim Trudgeon will be here each Wednesday. Anyone with an interest in carving is invited to get together with him at that time. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

TATTING

Fridays - 10:00am - Classroom B

Join this group who loves to tat. Bring your supplies and work with, and learn from, other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided.

SHARING & CARING GROUP

2nd & 4th Thursdays of each month - 1pm - 3pm - Classroom B

Do you have a passion for crafting? Bring your handwork / portable project and join this fun group for a time to share, fellowship and craft together making projects to give to those in need.



Computer Lab & Classes

Ten computers are available during normal operating hours when there is not a meeting or class in progress. Users must be 55 or older and sign a user form. Call ahead to make sure the lab is available or just drop in to take advantage of this room.

UPCOMING COMPUTER CLASSES:

Instructor: Jackie Allen

Cost: Free

Register by: No later than 1 week prior to 1st day of class (Note - classes fill quickly, so you may want to register early)

Class Size: Limited to 10 students

COMPUTER BASICS

This class is for those of you who have never used a computer before. You'll learn the basics such as how to turn it on & off, how to use the mouse & the keyboard, etc.

Upcoming Session:

- July 14, 15 & 16 (Mon., Tues., Wed.) - 10:00am - 12:00pm - Media Room

BEGINNING COMPUTERS

This class is suitable for those who have very little knowledge of computers, but do know how to use the mouse/keyboard. We will discuss the parts of the computer and what to look at when purchasing a computer. Also, we will spend time on the Internet, making sure you know how to go directly to a website. We will also become familiar with the layout of Microsoft Word. *This class is intended for those with mouse/keyboard skills.*

Upcoming Session:

- July 21, 22, 23 & 24 (Mon, Tues., Wed., Thurs.) - 10:00am - 1:00pm - Media Room

iTUNES

iTunes is a way to organize your music and downloads. Anyone with a computer can use this program. This is a great way to organize all your CD's. It also allows you to download videos and documentation from many sources. *This class is intended for those who know how to use a computer. This class is 2 days.*

Upcoming Session:

- July 8 & 10 (Tues., Thurs.) - 5:30 - 8:00pm - Media Room

ORGANIZING ONLINE - CLIPIX & PINTEREST

We will look at two social media websites and see how they can help you with your projects and interests. We will learn to track and save sites that you have an interest in or that you would like to share with others. The two sites we will review are Clipix and Pinterest. *This class is intended for those who know how to use a computer. The class is 1 day.*

Upcoming Session:

- July 9 (Wed.) - 10:00am - 12:00pm - Media Room

ONGOING ACTIVITIES - MOCKSVILLE SITE

PHONE APPS - IPHONE

This class will teach you how to use the apps on your phone to help you with everyday activities. We will only be referring to the apps that automatically are on your phone. We will learn how to download new apps. We will only be discussing some apps, not how to work the phone itself. Some examples are the calendar, text*, games and medical apps. *Be sure you are on a texting plan. If not the instructor will have something available for you to use for that day. *This class is intended for those with iPhones. Other phones will work differently.*

Upcoming Session:

- July 10 (Thurs.) - 10:00am - 12:00pm - Media Room

PHONE APPS - ANDROID

This class will teach you how to use the apps on your phone to help you with everyday activities. We will only be referring to the apps that automatically are on your phone. We will learn how to download new apps. We will only be discussing some apps, not how to work the phone itself. Some examples are the calendar, text*, games and medical apps. *Be sure you are on a texting plan. If not the instructor will have something available for you to use for that day. *This class is intended for those with Android phones. Other phones will work differently.*

Upcoming Session:

- July 21 (Mon.) - 6:00pm - 8:00pm - Media Room

HOW TO USE A SCANNER

What are the best ways to scan pictures and personal items? This could help for insurance purposes, scrapbooking, sending items through email and putting graphics on promotional flyers. *This class is intended for those who know how to use a computer. The class is 1 day.*

Upcoming Sessions:

- July 11 (Fri.) - 10:00am - 12:00pm - Media Room
- July 24 (Thurs.) - 6:00 - 8:00pm - Media Room

MICROSOFT WORD 2007 LEVEL 2

This picks up from the Level 1 class. We will look at when and how to use tables and clipart. We will review basic formatting that was discussed in Level 1 to enhance the table/clipart as well as reviewing formatting options. *Word Level 1 is required prior to this class.*

Upcoming Session:

- August 6, 7 & 8 (Wed., Thurs., Fri.) - 9:30am - 12:00pm

MICROSOFT POWERPOINT 2007 LEVEL 1

This is a presentation software program. You may have seen it used in churches or meetings to show information on a big screen. This class is to get you familiar with the layout. We will create very basic presentations and bring in a lot of features already learned in previous Word classes. *Word Levels 1-3 are recommended prior to this class. This class is 3 days.*

Upcoming Session:

- July 21, 23 & 24 (Mon., Wed.. & Thurs.) - 4:00 - 6:00pm - Media Room

EMAIL LEVEL 1

This is a way to communicate electronically. Learn the proper way to send an email and to include attachments. Learn how a virus and/or spyware impacts sending/receiving emails. Contact your internet provider to find out how you can access your account outside of your home. You will need your login name and password. If you do not have an email address we can set one up for you using a free email service. You will need to come in 15 minutes early the first day so we can set this up before class begins. *This class is 3 days & is intended for students who have a basic understanding of computers. Mouse & keyboard skills required.*

Upcoming Session:

- July 28, 29 & 30 (Mon., Tues., Wed.) - 10:00am - 12:00pm - Media Room

ONGOING ACTIVITIES - MOCKSVILLE SITE

MICROSOFT EXCEL 2007 LEVEL 2

This continues from the Excel Level 1 class. You will learn new features to enhance the spreadsheet by using a basic list of addresses, a budget, and how to sort or filter information so it can be best understood. After completing this class you'll be able to set up a budget to track your expenses, create a checking account, type addresses or track your eBay expenses or purchases. *Excel Level 1 is required prior to this class.*

Upcoming Sessions:

- July 21, 22, 23 & 24 (Mon., Tues., Wed., Thurs.) - 2:00pm - 4:00pm - Media Room
- August 6, 7 & 8 (Wed., Thurs., Fri.) - 12:00pm - 2:30pm - Media Room



Jackie will be adding more classes this quarter. Call after August 20 for the additional classes.

DON'T FORGET TO BRING YOUR MOBILE DEVICES AND ENJOY FREE WI-FI WHILE AT SENIOR SERVICES. SEE FRONT DESK FOR PASSWORD.



Dance

LINE DANCING

Every Monday - 9:45 - 10:45am

Every Wednesday - 11:15am - 12:15pm

Exercise Classroom

Instructor: Elizabeth Norman, Program & Outreach Coordinator

Each Monday & Wednesday we will learn all the latest line dance steps. Open to adults 55 & older and exceptions under the general participation policy.

BALLROOM/SOCIAL DANCING

Wednesdays - 6:00pm - MP Room B

Cost: Free

If you enjoy dancing, come join this fun group. A group of dancers get together every Wednesday night to practice ballroom dancing and shagging. There is no instruction provided. You will need to bring a partner with you. Open to adults 55 and older and exceptions under the general participation policy.



Drop In Activities

Senior Services invites you to drop by anytime to take advantage of the following:

- | | |
|----------------|-------------------|
| * Board Games | * Music |
| * Books | * Newspapers |
| * Cards | * Ping Pong Table |
| * Checkers | * Puzzles |
| * Chess | * Scales |
| * Computer Lab | * Shredder |
| * Fitness Room | * Videos |
| * Magazines | * Wii |

Items are available as long as an activity is not occurring in the room in which they are located. For any questions concerning availability of drop in items, please call ahead.

ONGOING ACTIVITIES - MOCKSVILLE SITE

Exercise



SILVERHEALTH

Mondays, Wednesdays & Fridays - 8:30 - 9:00am - Exercise Room

Instructor: Elizabeth Norman, Program & Outreach Coordinator

This class works with hand weights and resistance bands and focuses on toning - especially those important core muscles. Stay for the Morning Wake Up Program if you desire a more intense workout or leave at 9:00 if you prefer a shorter program. Open to adults 55 & older and exceptions under the general participation policy.

MORNING WAKE UP PROGRAM

Mondays, Wednesdays & Fridays - 9:00 - 9:30am - Exercise Room

Instructor: Elizabeth Norman, Program & Outreach Coordinator

This class is a continuation of the SilverHealth class. Come at 8:30 for stretching and toning and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth. Open to adults 55 & older and exceptions under the general participation policy.

YOGA FOR SENIORS

Mondays & Wednesdays - July 7 - September 29 - Exercise Room - NO CLASSES 8/4, 8/6, 8/11, 9/1 OR 9/3

Instructor: Kim Crawford

3 CLASSES TO CHOOSE FROM:

1:00 - 2:00pm

2:00 - 3:00pm

3:00 - 4:00pm

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limited to first 12 per session who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins June 17 at 8:00am. Please do not leave a message for yoga sign up as you will**

not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.



TAI CHI

Tuesdays - 10:00 - 11:00am - Exercise Room

Session Dates: Aug. 12 - Oct. 14

Instructor: Mike DePeuw, Beach 'n' Tans

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

RSVP deadline August 5 (or when filled - limited to 15)

This class is wonderful for seniors. It helps improve balance, lower blood pressure & can help those with arthritis. These slow, gentle motions are easy to learn for all fitness levels. Open to adults 55 & older. Classes build upon one another and therefore students cannot join more than two weeks into the 10 week session.

EVENING YOGA FOR SENIORS

Tuesdays & Thursdays - August 12 - Sept. 30 - 6:30 - 7:30pm - Exercise Room

Instructor: Valerie Slogick

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limit to the first 12 who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins June 17 at 8:00am. Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.**

YOGA FOR SENIORS

Wednesdays & Fridays - July 16 - Sept. 26 - 10:00am - 11:00am - Exercise Room

Instructor: Valerie Slogick

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limit to the first 12 who register

ONGOING ACTIVITIES - MOCKSVILLE SITE

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins June 17 at 8:00am. Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.**

DANCE PARTY AEROBICS

Tuesdays & Thursdays - 5:30 - 6:30pm

Instructor: Lorri Carlton

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

This class is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

ARTHRITIC EXERCISE

Every other Wednesday - 10:45 - 11:15am - Multipurpose Room A

Instructor: Ina Beavers, Nutrition Program Coordinator

This class focuses specifically on adults with arthritis, working mainly on flexibility. Other beginner exercisers may also benefit. Open to adults 55 & older and exceptions under the general participation policy.

M.A.D.E. (MODERN AEROBIC DANCE EXERCISE)

Tuesdays & Thursdays - 11:00am - 12:00 noon - Exercise Room

Instructor: Lorri Carlton

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

This is a low impact, low intensity aerobics workout that uses simple patterns. Classes include basic strength exercises, abdominal strengthening and ends with a stretching

session. Class is ideal for beginners or active older adults, but can be modified for all levels. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.



BOWLING LEAGUE

Mondays - 8:30am - depart from

Rec. Dept.

Cost: \$6.00 per session (3 games)

Our bowlers will be starting another session soon. Regular bowlers & substitutes are welcomed.

WALKING

Weekdays - 6:30 - 9:00am - Parks & Rec.

The gym at Parks & Rec. is open each weekday morning for seniors to walk. Don't forget to record your mileage & sign up for our Destination Fitness program to earn great incentives. For more information on walking availability call Parks & Rec. at 751-2325.

FITNESS ROOM

Monday - Thursday - 8:00am - 8:00pm

Friday - 8:00am - 5:00pm

Saturday - 9:00am - 1:00pm

Cost: Free (donations are appreciated)

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment. Each 15 minutes of exercise counts toward 1 mile in the Destination Fitness program. **Please call for an appointment for training.**



ONGOING ACTIVITIES - MOCKSVILLE SITE

Wii GAMES

Time: Drop In Whenever Room is Available - Multipurpose Room A

In these video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session. Wii is available on a drop in basis whenever the room is not being used. Call if you have a question regarding availability.

Available games include:

- | | |
|-------------|---------------------|
| * Golf | * Fishing |
| * Tennis | * Shooting Range |
| * Boxing | * Billiards |
| * Baseball | * Big Brain Academy |
| * Ping Pong | * Many, many more |



Games

PING PONG

Our ping pong table is available on a drop in basis whenever the room is available. Call ahead if you have a question regarding availability.

SCRABBLE

Mondays - 1:00pm - Classroom B

Strengthen your vocabulary & have fun with this classic game. Any number can play. Open to adults 55 & older and exceptions under the general participation policy.

SKIPBO

Every Wednesday - 1:00pm - Classroom A

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

DUPLICATE BRIDGE

Every Wednesday - 1:30 - 5:00pm - Multipurpose Room A

Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.

TEXAS HOLD EM

Thursdays - 1:00pm - Classroom A

This poker game is sweeping the nation & is for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcomed. Open to adults 55 & older & exceptions under the general participation policy.



Health & Wellness

ASK THE DOCTOR

1st Monday of each month - 10:45 am - MP Room A (July 7, August 4, Sept. 8 - note change of date)

Dr. Kimberly is here the first Monday of each month to answer your questions. Although this is no substitute for a doctor's visit, it is a great opportunity to ask about those issues that have been on your mind. You'll also benefit from hearing other questions asked & answered as well. Open to adults 55 & older & exceptions under the general participation policy.

BLOOD PRESSURE SCREENINGS

1st Tuesday of each month - 10:45am - MP Room A - (July 1, August 5, September 2)
Cost: Free

A trained professional will take your blood pressure at no charge.

GOT PLANS? ADVANCE CARE PLANNING

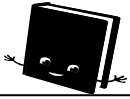
2nd Tuesday of each month - 1:00pm & 4:00pm - Classroom A - (July 8, August 12, September 9)

Facilitator: Don Timmons, Hospice & Palliative Care

Cost: None - Picture ID required

We plan for college, marriage, a baby and retirement, but we don't prepare for the end of life. Let's change that! It's simple. Representatives will be on hand to take care of everything you need to complete your advance directives. Be sure your wishes are honored by taking a few minutes now to complete these important documents. For more information you can go to www.gotplansnc.org.

ONGOING ACTIVITIES - MOCKSVILLE SITE



Literary Arts

SENIOR BOOK CLUB

3rd Tuesday of each month - 2:30 - 4:00pm -
Classroom A

July 15 - "Jim The Boy" by Tony Easley

August 19 - "In A Sunburst Country" by Bill
Bryson

September 16 - "One Hundred Years of
Solitude" by Gabriel Garcia
Marquez

Leader: Genny Hinkle - Davie Co. Library

At each meeting you will discuss the book that
was read the month before & receive the new
book to read. Books are provided at no charge.
You must turn in your book on or before the
meeting date so we can continue to get the books
at no charge. Co-sponsored with Davie Co.
Public Library. Open to adults 55 & older and
exceptions under the general participation policy.

LIBRARY

We accept donations of recently published books
in good condition. These may be checked out
at the front desk. Because of space constraints,
please limit donations to hardcover, recent
publications (within the past 5 years). We will
donate any books we cannot use to another
organization.



Lunch

Mondays - Wednesdays - 11:30am

Thursdays & Fridays - 11:00am - MP Room A

**Staff Contact: Ina Beavers, Nutrition
Program Coordinator**

Cost: Free, donations appreciated

Each weekday Senior Services serves a
nutritionally balanced lunch to seniors. Those 60
and older who wish to fill out paperwork can eat
at no charge. Those who are under 60 or do not
wish to fill out paperwork pay \$3.40 effective July
1. A program is offered each day at 10:45am
before lunch. You must call by noon the day be-
fore you plan to eat to order a meal.



Special Interest

PIEDMONT POWER ASSOCIATION

1st Mon. of each month - 7:00pm -

Multipurpose Room B

(July 7, August 4, September 1)

President: Arthur Bostick

Annual Dues: \$20.00

This group loves old tractors. If you do too, why
not join them? Monthly meetings include dinner
and a program. Senior Services is a co-sponsor
of this group. For specific information please
call the group leader (call for number).

SENIOR SERVICES ADVISORY COUNCIL

4th Tuesday of every other month - 3:00pm -

Media Room (July 22, Sept. 23)

Staff Contact: Kim Shuskey, Director

This is a volunteer group appointed by Davie
Co. Commissioners to help Senior Services
plan, set goals and fundraise. If you are
interested in serving, please contact Kim
Shuskey. Meetings are open to the public.



Stage, Screen & Music

DAVIE COUNTY SINGING SENIORS

**Each Thursday - 10:00am - Multipurpose
Room B (Jan. - June/Sept. - Dec.)**

Chorus Director: Marie Roth

Annual Dues: \$10.00

If you love to sing, why not join this fun group?
The chorus practices each week and performs
at churches, civic clubs, nursing homes &
community events. Open to adults 55 & older.

THEATRE CLUB

4th Tues. each month - 1pm - Classroom B

(July 22, August 26, September 23)

**Staff Contact: Barbara Thornton, Senior
Center Aide**

This group meets once a month to discuss
various theatrical options in the area and to
choose different plays and performances to
attend as a group. Each person pays for their
ticket. Open to adults 55 & older and
exceptions under the general participation
policy.

OTHER ONGOING PROGRAMS & SERVICES



Financial Support

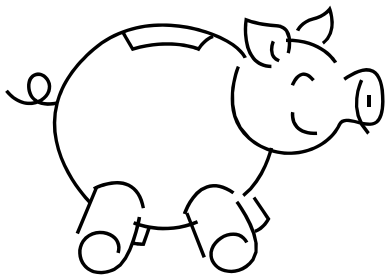
LEGACY GIFT PROGRAM

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, most at no charge. We are also committed to planning ahead to meet future needs. To do this, donations are needed and appreciated. Legacy gifts is our term for these charitable contributions that help in both the long and short term. Individuals & organizations can contribute in the following areas:

- **Outright Gifts** - donations of cash, property or stocks/securities
- **Bequests** - name Senior Services in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate
- **Insurance Policy Beneficiary** - Name Senior Services as beneficiary of death benefit
- **Retirement Plan / IRA** - Name Senior Services as beneficiary of death benefit
- **Endowment Fund** - Make any of the above gifts through the Davie Community Foundation to provide permanent financial support for programs & services

Please contact us for more information about donating to Senior Services. Legacy Gifts received will be recognized once a year in our Davie County Senior Services' Annual Report available each year by August 1.

Donations are tax deductible.



Services



**STAFF CONTACT FOR ALL SERVICES IS
KELLY SLOAN, COMMUNITY RESOURCE
SPECIALIST, UNLESS INDICATED
OTHERWISE.**

BUDDY PROGRAM

Staff Contact: Mitzi Hunter, Morning Receptionist

Cost: No charge

If you are new to Senior Services and are unsure of attending your first event alone, this program is for you. We match volunteers with participants who are new to Senior Services. They meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes." To request a buddy for a special event, please let us know when you sign up for the event.

CAREGIVING CLASSES & RESOURCE CENTER

Cost: No charge

Our Resource Specialist can meet with you individually or as a group to provide training to help you become a better caregiver. Various topics are available. In addition, materials of interest to caregivers - videos, books, pamphlets - are available to check out at the Mocksville site of Senior Services. Open to any age.

CAREGIVER SUPPORT PROGRAM

Cost: No charge, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or has Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

OTHER ONGOING PROGRAMS & SERVICES

DRAGON SPEECH RECOGNITION SOFTWARE

(Available at Mocksville Site)

Staff Contact: Kim Shuskey, Director

Due to a generous donation by one of our participants, one computer in our lab is equipped with speech recognition software. If you have difficulty typing, come by and use this program. Please note that each person who uses it will need to go through the setup process in order to recognize their voice. Headsets for the program can be checked out at the front desk. Available whenever the computer lab is free. You may wish to call ahead. If you need assistance from a staff member to use, you must make an appointment.

ENSURE PROGRAM

Cost: No charge, donations appreciated

This program provides free nutritional supplements such as Ensure to seniors whose doctors prescribe supplementation. Qualifying seniors must be an existing nutrition client or 60 or older and unable to tolerate solid foods. Call for appointment for an assessment. Home visits can be arranged.



FIDGET APRONS

Cost: No charge, donations appreciated

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided free of charge to anyone who can use one.

HANDMADE PERSONAL ITEMS

Cost: No charge, donations appreciated

Senior Services has bibs and walker aprons made by volunteers to give to those who need them. If you or someone you know can benefit from these items, please call our Resource Specialist.

HOMEBOUND MEALS

Cost: No charge, donations appreciated

Homebound meals provide a nutritionally balanced meal to homebound seniors 5 days a week. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.



INFORMATION & ASSISTANCE

Our Resource Specialist can answer questions and assist seniors, family members and caregivers of any age in obtaining a wide variety of information and services for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

JOB MATCH

Staff Contact: Barbara Thornton, Senior Center Aide

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work, we will give them your information. Senior Services only provides potential employers with names - no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

LEGAL AIDE

Cost: No charge, donations appreciated

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

OTHER ONGOING PROGRAMS & SERVICES

NOTARY SERVICE

Staff Contact: Elizabeth Norman, Prog. & Outreach Coord. or Ina Beavers, Nutrition Prog. Coordinator

Cost: No charge

Time: By appointment only

We will provide free notary services to those 55 and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

OPTIONS COUNSELING - NEW!!

Our certified Options Counselor can help persons who are planning for a change in their lives and are seeking out their options for assistance. Persons who can benefit might include those planning to retire and wanting to discuss options to sustain health, wellness and independence, those who start having difficulty in completing day to day tasks, those who are relocating and exploring housing options, or those who are dealing with a recent diagnosis of Alzheimer's. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

REVERSE MORTGAGE COUNSELING

Time: By appointment only

See information under Senior Financial Care.

SENIOR FINANCIAL CARE

1st Tuesday of each month - 8:30am -

4:30pm - Media Room of Mocksville Site

2nd Tuesday of each month - 10:00am -

1:00pm - Farmington Site

3rd Tuesday of each month - 8:30am -

2:00pm - Classroom A of Mocksville Site

4th Tuesday of each month - 10:00am -

1:00pm - Farmington Site

Cost: \$10 for first visit - Subsequent visits based on a sliding scale (Fees may be waived if unable to pay)

Senior Financial Care is a program of Financial Pathways of the Piedmont of Forsyth County. They provide personal budgeting & monthly expense management, credit and debt repayment counseling, reverse mortgage counseling, and fraud awareness and prevention counseling. For more information you may call them directly at 336-896-1328.

SHIIP - (Seniors' Health Insurance Information Program)

Staff Contact: Mitzi Hunter, SHIIP Coordinator

Cost: No charge

Time: Tues. & Thurs. afternoons by appointment (other times can be arranged if necessary)

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

SHREDDER

(Available at Mocksville Site)

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead bring your items here where we can shred them for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.

TELEPHONE REASSURANCE PROGRAM

Staff contact: Tracy Veach, Administrative Assistant

Cost: No charge

This program provides a daily telephone call to anyone who lives alone, and is either 55 years of age or older, or is an adult with a physical disability. Each call is an opportunity to confirm safety as well as impart care and concern.



VIAL OF LIFE

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

VIDEO EYE

(Available at Mocksville Site)

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. It is available anytime there is a free room.

OTHER ONGOING PROGRAMS & SERVICES



Support Groups

ALZHEIMER'S SUPPORT GROUP

**2nd Tuesday of each month - 6:30pm -
Classroom B - (July 8, August 12,
September 9)**

**Facilitator: Kelly Sloan, Community
Resource Specialist**

**RSVP no later than the Friday before the
meeting**

This group is open to adults of any age. It is intended for those caring for a loved one with Alzheimer's or other dementia but is open to any caregiver that can benefit. Meetings may consist of sharing time and/or guest speakers. This group is offered in conjunction with the Alzheimer's Association. Please call no later than the Friday before the meeting to let us know you will be coming. Meetings will be canceled if not enough interest is shown.



Trips - Day

Transportation can be provided to the 1st 24 who sign up. **There is a \$5.00 charge for transportation for each trip, due upon sign up. \$5.00 fee is non-refundable if you cancel.** All participants buy their own lunch.

If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. See staff for complete trip rules.

JULY 1 - MYSTERY TRIP

**Tuesday, July 1 - Departure time 9:15,
Return time 3:00**

**Cost: \$5.00 for transportation
Money for Lunch**

We're keeping the location a secret, but as always it will be a fun trip for all. We will have lunch along the way. Sign up starts May 15.

AUGUST 5 - RICHARD CHILDRESS RACING SHOP AND MUSEUM, WELCOME, NC

**Tuesday, August 5 - Departure time 9:00am,
Return approximately 3:00pm**

**Cost: \$5.00 for transportation
\$6.00 for museum
Money for lunch**

The complex features a shop building with a "Fan Walk" that lets you view the shop floor where all Childress racing teams are at work. We will also see the museum with current and former Childress team cars and trophies, including a great collection of Dale Earnhardt cars. There is also a large gift shop where fans can gear up for the next NASCAR event. We will stop for lunch at Kerley's Barbecue. Sign up starts June 16.

SEPTEMBER 2 - BACKSTAGE TOUR OF MERONEY THEATRE, SALISBURY, NC

**Tuesday, September 2 - Departure time
9:15am, Return approximately 2:30pm**

**Cost: \$5.00 for transportation
Money for lunch**

We will take a one hour tour of the Backstage of the Meroney Theatre, home of the "Piedmont Players". This is your chance to see what goes on behind the stage. After the tour we will have lunch in the Salisbury area. Sign up starts July 15.

OCTOBER 7 - GARDEN GATE VINEYARDS, MOCKSVILLE, NC

**Tuesday, October 7 - Departure time
10:30am, Return approximately 3:00pm**

**Cost: \$5.00 for transportation
Money for lunch**

We will go to lunch then visit one of our local wineries. We will be able to taste the wines. If you prefer to taste with a wine glass the cost is \$5.00 and you get to keep the glass, (or you can use their small cup and there is no charge). At this time of year the grapes will be ripe and we will be able to taste them as well. This trip will be limited to the 24 transported guests only, no drivers. Sign up starts August 15.

OTHER ONGOING PROGRAMS & SERVICES



Trips - Overnight

SANFORD / SMITHFIELD, NC

Thursday - Friday, Sept. 25 & 26

Prices - Per Person:

\$281.00 - single \$228.00 - double

\$212.00 - triple \$204.00 - quad

Trip Leader - Barbara Thornton

We will head to Sanford, NC for our Fall trip.

Price includes the following:

Thursday, Sept. 25:

- 8:00 AM – Depart Davie Senior Services
- Guided tour of Railroad House Museum, the oldest house in Sanford followed by shopping on Main Street
 - Lunch at Café 121
- “Oklahoma” at Temple Theatre
- Dinner at Robbin’s Nest

Friday, Sept. 26:

- Breakfast at hotel
- Tour of Ava Gardner Museum, which includes a short film about her life and movie “Show Boat”, starring Ava
- Shopping at Tanger Outlets and My Secret Closet Consignment Shop in Mebane

Price also includes hotel accommodations at Hampton Inn and travel on motor coach. Reservations can be made with your \$50.00 deposit. Deadline for registration is August 15. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company. See staff member for complete rules regarding trips.



Volunteer Opportunities

All Senior Services volunteers receive training and orientation before beginning any assignment.

Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian.

BUDDY PROGRAM

Contact: Mitzi Hunter, Morning Receptionist

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them “learn the ropes.”

CLASS INSTRUCTORS

Contact: Kim Shuskey, Director

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors can be compensated for their time if needed.

FRONT DESK VOLUNTEERS

Contact: Tracy Veach, Administrative Asst.

Volunteers are used for afternoons at the front desk. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

HOMEBOUND MEAL DRIVERS

Contact: Ina Beavers, Nutrition Prog. Coord.

Drivers deliver meals to homebound seniors. It takes approximately 1 1/2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid.

LUNCH VOLUNTEERS

Contact: Ina Beavers, Nutrition Program Coordinator

Volunteers are needed to help serve lunch, wash dishes and clean up afterwards.

OTHER ONGOING PROGRAMS & SERVICES

OFFICE HELP

Contact: Tracy Veach, Administrative Assistant

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

SHIIP (Seniors' Health Insurance Information Program)

Contact: Mitzi Hunter, SHIIP Coordinator

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

SPECIAL EVENT ASSISTANCE

Contact: Elizabeth Norman, Program Coordinator

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help. Photographers & Videographers are also always needed at events.

TAX AIDE VOLUNTEERS

Contact: Kim Shuskey, Director

Tax-Aide Counselors complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.

TELEPHONE REASSURANCE PROGRAM

Contact: Gloria Wommack, RSVP (753-8270)

We are partners with YVEDDI's RSVP program in this service. Volunteers will call those who live alone to provide a friendly voice and a daily welfare check. Monday - Friday phone calls are required.

CLASSES & ACTIVITIES - FARMINGTON SITE

Our Farmington site is located in the Farmington Community Center, 1723 Farmington Rd. Hours are Monday - Friday 10:00am - 1:00pm. Phone number is 998-3730.



Ongoing Activities

TRANSPORTATION TO FARMINGTON SITE

Mondays, Wednesdays & Fridays

YVEDDI's transportation program will bring those persons 60 and older who live within an approximate 5 mile radius to the Farmington site on these days. To sign up, call YVEDDI at 751-2187.

EXERCISE & WALKING

Tuesdays - 10:30am

Get your exercise each Tuesday with your friends.

GARDENING

Tuesdays & Thursdays - 10am (In Season)

If you have a green thumb, why not help out in the garden? Gardening tools are available, or you can bring your own.

BLOOD PRESSURE SCREENINGS

Every 3rd Wednesday - 10:30am

(July 16, August 20, September 17)

A trained professional will take your blood pressure at no charge.

CRAFT DAY

Last Wednesday of each Month - 10:30am

(July 30, August 27, September 24)

Cost: Free

Each month we will present a new craft. This is a great chance to learn some new skills.

SENIOR FINANCIAL CARE

2nd & 4th Tuesday of each month - 10:00am - 1:00pm

Cost: \$10 for first visit - Subsequent visits based on a sliding scale (Fees may be waived if unable to pay)

See details on pg. 19.

CLASSES & ACTIVITIES - FARMINGTON SITE

LUNCH

Monday - Friday - 11:30am

Staff Contact: Darlene Sheets, Nutrition Site Manager

Cost: Free, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.40 effective July 1. A program is offered each day at 10:30am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Events



INDEPENDENCE DAY CELEBRATION

Wednesday, July 2 - 10:30am

RSVP by June 25

Get an early start on your Independence Day Celebration at this fun event with refreshments and fun activities. Open to adults 55 & older and exceptions under the general participation policy.

COW APPRECIATION DAY

Friday, July 11 - 10:30am

RSVP by July 3

Did you know there is such a day as Cow Appreciation Day? We will celebrate it and all the good things cows give us. We will have some refreshments and fun activities. Open to adults 55 & older and exceptions under the general participation policy.



FOOD SAFETY IN THE SUMMER

Tuesday, July 15 - 10:30am

RSVP by July 8

Summertime can get tricky when it comes to keeping your food safe. Learn how to enjoy those outdoor picnics without getting sick. Open to adults 55 and older - no children, please.

COMMON SUMMER ALLERGIES

Friday, July 25 - 10:30am

RSVP by July 18

Speaker: Representative from Wake Forest Baptist Health

Summertime can be rough when it comes to allergies. Learn about some common summer allergies, and ways to help get through the season. Open to adults of all ages - no children, please.



WESTERN DAY

Monday, July 28 - 10:30am

RSVP by July 21

Put on your favorite cowboy hat and boots and join us for a ropin' good time. We will have light refreshments and fun activities. Open to adults 55 & older and exceptions under the general participation policy.

FACTS ABOUT PSORIASIS

Friday, August 8 - 10:30am

RSVP by Aug. 1

Psoriasis is a chronic inflammatory skin disease that can be unpredictable and irritating. Learn about psoriasis at this informative seminar. Open to adults of all ages - no children, please.

GIANT SCRABBLE

Monday, August 11 - 10:30am

RSVP by Aug. 4

Scrabble is even more fun when it is giant. We will play as teams on this oversized scrabble board. Open to adults 55 & older and exceptions under the general participation policy.

DIABETES SEMINAR

Friday, August 22 - 10:30am

Speaker: Dr. Kavya Mekala, Dept. of Endocrinology and Metabolism at Wake Forest School of Medicine

RSVP by: Aug. 15

Did you know age is a risk factor for Type 2 Diabetes? Learn about living healthy with diabetes, symptoms and treatments. Open to adults of all ages - no children, please.

CLASSES & ACTIVITIES - FARMINGTON SITE

PANTRY BINGO

Monday, August 25 - 10:30am

RSVP by Aug. 18

Win items you can actually use at this fun game of Bingo. Open to adults 55 & older and exceptions under the general participation policy.

SENIOR CENTER MONTH BEGINS!

AVOIDING FALLS

Friday, September 5 - 10:30am

Speaker: Representative from Brookdale Senior Living Solutions

RSVP by Aug. 29

At this seminar you will learn how to prevent incidents of falling, as well as potential consequences of falls. Open to adults of all ages - no children, please.



NAME THAT TUNE

Wednesday, September 10 - 10:30am

RSVP by Sept. 3

How quickly can you name some popular tunes? We will find out as we play this fun game. Open to adults 55 & older and exceptions under the general participation policy.

MOLD AWARENESS

Thursday, September 18 - 10:30am

RSVP by Sept. 11

Mold in your home can be dangerous. Learn how to know if you have mold, what it can do to you and how to get rid of it. Open to adults of all ages - no children, please.

A TASTE OF FALL

Monday, September 22 - 10:30am

RSVP by Sept. 15

The first day of Fall is officially tomorrow. Come sample some of the tastes of the season at this event. Open to adults 55 & older and exceptions under the general participation policy.

CALENDAR OF EVENTS - FARMINGTON SITE

JULY

- July 2 - Independence Day Celebration - 10:30am
- July 4 - CLOSED FOR INDEPENDENCE DAY
- July 8 - Senior Financial Care - 10am - 1pm
- July 11 - Cow Appreciation Day - 10:30am
- July 15 - Food Safety in the Summer - 10:30am
- July 16 - Blood Pressure Screens - 10:30am
- July 22 - Senior Financial Care - 10am - 1pm
- July 25 - Common Summer Allergies - 10:30am
- July 28 - Western Day - 10:30am
- July 30 - Craft Day - 10:30am

AUGUST

- Aug. 8 - Facts About Psoriasis - 10:30am
- Aug. 11 - Giant Scrabble - 10:30am
- Aug. 12 - Senior Financial Care - 10am - 1pm
- Aug. 20 - Blood Pressure Screens - 10:30am
- Aug. 22 - Diabetes Seminar - 10:30am
- Aug. 25 - Pantry Bingo - 10:30am
- Aug. 26 - Senior Financial Care - 10am - 1pm
- Aug. 27 - Craft Day - 10:30am

SEPTEMBER

- Sept. 1 - CLOSED FOR LABOR DAY
- Sept. 5 - Avoiding Falls - 10:30am
- Sept. 9 - Senior Financial Care - 10am - 1pm
- Sept. 10 - Name That Tune - 10:30am
- Sept. 17 - Blood Pressure Screens - 10:30am
- Sept. 18 - Mold Awareness - 10:30am
- Sept. 22 - A Taste of Fall - 10:30am
- Sept. 23 - Senior Financial Care - 10am - 1pm
- Sept. 24 - Craft Day - 10:30am

Calendar of Events - Mocksville Site



JULY

- July 1 - Day Trip - Mystery Trip - Departure time 9:15am
- July 1- Senior Financial Care - 8:30am - 4:30pm
- July 1 - Blood Pressure Screenings - 10:45am
- July 3 - Patriotic Party - 2:00pm
- July 4 & 5 - CLOSED FOR INDEPENDENCE DAY WEEKEND
- July 7 - Ask the Doctor - 10:45am
- July 7 - New Yoga session starts - 1:00pm - Must pre-register
- July 7 - New Yoga session starts - 2:00pm - Must pre-register
- July 7 - New Yoga session starts - 3:00pm - Must pre-register
- July 7 - Piedmont Power Assoc. - 7:00pm
- July 8 - Veteran's Social - 10:30am
- July 8 - Got Plans? Advance Care Planning Workshop - 1:00 & 4:00pm
- July 8 - Scrapbooking - 2:00pm
- July 8 - iTunes class - 5:30pm
- July 8 - Alzheimer's Support Group - 6:30pm
- July 9 - Organizing Online - Clipix and Pinterest class - 10:00am
- July 10 - Phone Apps - iPhone class - 10:00am
- July 10 - Sharing & Caring - 1:00pm
- July 11 - How to Use a Scanner class - 10:00am
- July 11 - Solar Energy - 1:00pm
- July 14 - Computer Basics class begins - 10:00am - Must pre-register
- July 15 - Senior Financial Care - 8:30am - 2:00pm

- July 15 - Wi-Fi, Cell Phones & More - 10:45am
- July 15 - Senior Book Club - 2:30pm
- July 16 - New Yoga session starts - 10:00am - Must pre-register
- July 19 - Saturday Morning Breakfast - 9:30am
- July 21 - Beginning Computer class begins - 10:00am
- July 21 - Monthly Movie - "The Butler" - 1:00pm
- July 21 - Microsoft Excel Level 2 class begins - 2:00pm
- July 21 - Microsoft Powerpoint Level 1 class begins - 4:00pm
- July 21 - Phone Apps - Android class - 6:00pm
- July 21 - Quilt Guild - 6:30pm
- July 22 - Theatre Club - 1:00pm
- July 22 - Advisory Council Mtg. - 3:00pm
- July 23 - Can You Eat Healthy at the Drive-Thru? - 1:00pm
- July 24 - Sharing & Caring - 1:00pm
- July 24 - How to Use a Scanner class - 6:00pm
- July 28 - Email Level 1 class begins - 10:00am
- July 29 - Single's Dinner - 5:30pm



AUGUST

- Aug. 1 - Trip to Bowman Gray Stadium - 6:30pm
- Aug. 4 - Ask the Doctor - 10:45am
- Aug. 4 - Piedmont Power Assoc. - 7:00pm
- Aug. 5 - Sr. Financial Care - 8:30am - 4:30pm
- Aug. 5 - Day Trip - Richard Childress Racing Shop & Museum - Depart at 9:00am
- Aug. 5 - Blood Pressure Screenings - 10:45am
- Aug. 6 - Microsoft Word Level 2 class begins - 9:30am

Calendar of Events - Mocksville Site

- Aug. 6 - Microsoft Excel Level 2 class begins - 12:00pm
- Aug. 7 - Movie Day With the Grandkids (Or Not) - "Despicable Me 2" - 1:00pm
- Aug. 8 - Welcome to Medicare Luncheon - 10:00am
- Aug. 11 - Bowling Lunch - 12:30pm
- Aug. 12 - Tai Chi starts - 10:00am
- Aug. 12 - Clutter Chaos - Happy Memories or Household Hazards - 10:45am
- Aug. 12 - Got Plans? Advance Care Planning Workshop - 1:00 & 4:00pm
- Aug. 12 - Scrapbooking - 2:00pm
- Aug. 12 - New Yoga session starts - 6:30pm - Must pre-register
- Aug. 12 - Alzheimer's Support Group - 6:30pm
- Aug. 14 - CLOSE AT 12:00 NOON
- Aug. 15 - Indoor Summer Picnic Party - 2:00pm
- Aug. 18 - Monthly Movie - "August: Osage County" - 1:00pm
- Aug. 18 - Quilt Guild - 6:30pm
- Aug. 19 - Senior Financial Care - 8:30am - 2:00pm
- Aug. 19 - Senior Lunch - 11:30am
- Aug. 19 - Senior Book Club - 2:30pm
- Aug. 25 - Eye Health Seminar - 1:00pm
- Aug. 26 - Theatre Club - 1:00pm
- Aug. 28 - Men's Outing - 11:00am
- Aug. 28 - Sharing & Caring - 1:00pm
- Aug. 30 - Sept. 1 - CLOSED FOR LABOR DAY WEEKEND



SEPTEMBER

- Sept. 1 - Piedmont Power Association - 7:00pm
- Sept. 2 - Senior Financial Care - 8:30am - 4:30pm
- Sept. 2 - Day Trip - Backstage Tour of Meroney Theatre - Depart at 9:15am
- Sept. 2 - Blood Pressure Screening - 10:45am
- Sept. 4 - 30th Anniversary Murder Mystery Dinner Party - 6:00pm
- Sept. 5 - Beginner's Knitting starts - 11:00am
- Sept. 8 - Ask the Doctor - 10:45am
- Sept. 9 - Chronic Cough - 1:00pm
- Sept. 9 - Got Plans? Advance Care Planning Workshop - 1:00 & 4:00pm
- Sept. 9 - Scrapbooking - 2:00pm
- Sept. 9 - Alzheimer's Support Group - 6:30pm
- Sept. 11 - Sharing & Caring - 1:00pm
- Sept. 12 - Quarterly Craft - Fall Wall Hanging - 1:00pm
- Sept. 15 - Monthly Movie - "The Internship" - 1:00pm
- Sept. 15 - Quilt Guild - 6:30pm
- Sept. 16 - Senior Financial Care - 8:30am - 2:00pm
- Sept. 16 - Senior Book Club - 2:30pm
- Sept. 17 - Family Caregiver Stress Relief - 1:00pm
- Sept. 18 - The Basics of Alzheimer's Disease - 6:30pm
- Sept. 19 - Bingo - 1:00pm
- Sept. 23 - Theatre Club - 1:00pm
- Sept. 23 - Advisory Council Mtg. - 3:00pm
- Sept. 25 - Sharing & Caring - 1:00pm
- Sept. 25 - Dinner & a Movie - "Saving Mr. Banks" - 5:30pm
- Sept. 29 - New Sugar Guidelines - 10:45am
- Sept. 30 - Taste of the Town - 6:00pm



278 Meroney Street
Mocksville, NC 27028
336-753-6230
www.daviecountync.gov

STANDARD MAIL
U.S. POSTAGE
PAID
MOCKSVILLE, N.C.
PERMIT NO. 15

ADDRESS SERVICE REQUESTED

*It is the mission of Davie County Senior Services
to provide seniors with accessible services and opportunities for
fellowship, fun and learning, through activities and programs that enrich lives.*



Don't Forget!

Anytime you come to Senior Services please remember to scan your membership card. This helps us to keep track of how many people use our building.

We use this information to obtain grants and request additional money when necessary. It also lets us know who to call if an ongoing class is canceled for some reason.

If you do not have a membership card, see a staff person today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 336-753-6230 for more information or to register for any events or programs in the newsletter.